



STARTING JULY 20TH @ 9AM

6 WEEKS TO RELAXATION AND NEW ENERGY

Learn to relax your body and to enjoy the flow of chi energy, your life force, as it moves through your whole body. The chatter in your head will quiet, your muscle tension will ease, and you will feel an enhanced sense of wellbeing; your pain and stress will melt away. Tai Chi is called the 'exercise in disguise' because it is such a joy to do, and it leaves you feeling peaceful and invigorated. Many of us experience improved balance, better sleeping habits, increased energy, and relief from headaches and back pain.

Teresa combines a desire for balancing the body with the mind. Teresa's early career as a professional thoroughbred jockey taught her to love living in the moment, to be strong and focused and to use physical and mental exercises, including Tai Chi to recover from serious injuries. She has shared her knowledge with others by teaching Tai Chi and Qi Gong, Zumba and strength training at community centers and health clubs. In addition to teaching, Teresa provides flower essence consultations and massage therapy. Her goal is to help others lie in balance with their body, mind and spirit.

Summer Tai Chi

Join Teresa Desilets, who has been a holistic practitioner for over 20 years, as you learn to balance your body with your mind.

\$60 for a six week class. Can't make the first class, Pay \$15 for your first visit and it will be credited towards the \$60 fee.

Each class builds on the one before.

Start any time, commit to remaining classes and we will prorate the balance

HOLDERNESS RECREATION

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